

# When to Stop Exercising



**Physical activity is usually safe. Stop exercising right away if you have any of these symptoms:**

- Severe chest pain, tightness, pressure, or discomfort
- Severe shortness of breath
- Severe nausea or vomiting
- Sudden weakness or changes in feeling in your arms and/or legs
- Trouble swallowing, talking, or seeing
- Severe headache or dizziness

If symptoms don't go away after a few minutes, call 911 or go to the nearest emergency room. If the symptoms go away but return each time you exercise, see your primary care provider.

